



In addition to being a good source of protein and fiber, chickpeas used in hummus are high in iron, folate, phosphorus and B vitamins. It can be a particularly good snack for vegetarians and vegans who may be lacking in these nutrients.

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HUMMUS

is where the heart is

Chef Nicole's Famous Hummus

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|---|----------------------------------|
| 2-14.5 oz. cans chickpeas/garbanzo beans,
rinsed and drained | 2 teaspoons ground cumin |
| 2 cloves garlic, peeled and chopped | 1 teaspoon ground yellow mustard |
| 1 small lemon, juiced | 1 teaspoon ground tumeric |
| 1-2 tablespoons honey | 1 pinch ground cayenne pepper |
| 4-6 tablespoons extra virgin olive oil | Salt & pepper to taste |
| | Sliced vegetables for dipping |

In a food processor, add everything except the Olive oil, and purée, scraping down the sides until you get a smooth consistency.

Next, while the processor is on, slowly drizzle in the Olive oil and continue to purée until well combined, scraping the sides of the bowl if necessary.

Taste and adjust seasoning accordingly.

Chop and slice the veggies (cucumber, bell pepper, cauliflower, broccoli, etc.) into bite-sized pieces.

Nutritional Information

(Per Serving + 2 Cups total raw vegetables):

Calories:	175	Cholesterol:	0mg
Protein:	12g	Carbs:	26.4g
Fiber:	7g	Sodium:	178mg
Sat. Fat:	0g	Sugar:	43g

